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WHAT THE CLAIM IS:

1. A method for installing at least one of a cable, a rod and a tube in a length of conduit comprising the steps of:

providing a first, lubricous polymeric material:

providing a second, high tensile strength polymeric material;

coextruding said first and second polymeric materials so as to produce a type having an inner core of said first polymeric material and an outer layer of said second polymeric material thereby forming a coextruded tube having an interior surface with a low coefficient of friction;

selecting a length of said coextruded tube which can fit inside said conduit;

installing said coextruded tube within

installing said coextruded tube within the conduit so as to extend along the length thereof; and

installing at least one of a cable, a rod and a tube in said type.

- 2. A method as in claim 1, wherein said step of providing a first, lubricous polymeric material comprises providing a polymer chosen from the group consisting of Teflon®, silicone impregnated polyethylene, graphite impregnated polyethylene.
- 3. A method as in claim 1, wherein said step of providing a second, high tensile strength polymeric material comprises providing high molecular weight, high density polyethylene.

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- 4. A method as in claim 2, wherein said step of providing a first, lubricous polymeric material comprises providing silicone impregnated polyethylene wherein the concentration of silicone in relation to polyethylene is between about 0.01% and about 20% by weight.
- 5. A method as in claim 1, further comprising forming radially protruding ribs which extend longitudinally along at least a portion of the length of said coextruded tube or at least one of the inner surface and the outer surface of said coextruded tube.
- 6. A method as in claim 5, wherein said step of forming ribs comprised forming ribs on both the inner and outer surfaces of said coextruded tube.
- 7. A method as in claim 2, further comprising forming radially protruding ribs which extend longitudinally along at least a portion of the length of said coextruded tube on at least one of the inner surface and the outer surface of said coextruded tube.
- 8. A method as in claim 5, wherein said step of forming riss is performed concurrently with said step of coextruding.
- 9. A/method as in claim 1, wherein said step of coextruding further comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and

circumferentially outwardly directed portions along at least a portion of the length of said coextruded tube.

10. A method as in claim 2, wherein said step of coextruding further comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length of said coextruded tube.

permanently lubricated inner surface which comprises a pair of telescopically related inner and outer cylindrical portions Said inner portion including a highly lubricous polymeric material and said outer portion including a high tensile strength polymeric material.

wherein said highly lubricous polymeric material is silicone impregnated polyethylene and the concentration of the silicone in relation to the polyethylene resin is between about 0.01% and about 20% by weight.

wherein at least one of the inner surface and the outer surface of the tube includes radially protruding, longitudinally extending ribs, said ribs extending along at least a portion of the length of said tube.

wherein at least one of the inner surface and the outer surface of the tube includes radially protruding, longitudinally extending ribs, said ribs extending along at least a portion of the length of said tube.

7. ±7. A coextruded tube as in claim 11, wherein the walls of the tube have alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length thereof.

wherein the walls of the tube have alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length thereof.

installing at least one of a cable, a rod or a tube in a length of conduit comprising:)



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a coextruded plastic tube having inner and outer cylindrical portions, said inner portion including a highly lubricous polymeric material and said outer portion including a high tensile strength polymeric material whereby said coextruded tube has a permanently lubricated inner surface.

An innerduct as in claim 19, wherein said inner portion includes a highly lubricous polymeric material chosen from the group consisting of Teflon®, silicone impregnated polyethylene, and graphite impregnated polyethylene and said outer portion includes high molecular weight, high density polyethylene.

21. A method for extending at least one of a cable, a rod, and a tube from a first location to a second location, spaced from said first location, comprising:

providing a first, lubricous polymeric

material;

providing a second, high tensile strength polymeric material;

coextruding said first and second polymeric materials so as to produce a tube having an inner core of said first polymeric material and an outer layer of said second polymeric material thereby forming a coextruded tube having an interior surface with a low coefficient of friction;

selecting a length of said coextruded tube which can extend from said first location to said second location;

placing said coextruded tube so as to extend from said first location to said second location; and



placing at least one of a cable, a rod and a tube in said coextruded tube so as to extend from said first location to said second location.

- A method as in claim 21, further comprising forming radially protruding rabs which extend longitudinally along at least a portion of the length of said coextruded tube on at least one of the inner surface and the outer surface of said coextruded tube.
- A method as im claim 22, wherein said step of forming ribs comprises forming ribs on both the inner and outer surfaces of said coextruded tube.
- A method as in claim 21, wherein said step of coextruding farther comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and circumferential 1/y outwardly direction portions along at least a portion of the length of said coextruded tube.
- A method as in claim 21, wherein said step of placing said coextruded tube so as to extend between said first location and said second location burning comprises, placing said coextruded tube, in a trench directly which has been formed in the ground between said first location and said second location.